

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30 AM – 8.30 AM **5 FUNCTIONAL EXERCISES SEAN	6.30 AM – 7.30 AM MAT AND MORE AMANDA				
8.30 AM – 9.30 AM MAT AND MORE AMANDA Class also offered as a facebook live recording	8.30 AM – 9.30 AM **STRENGTH TO STRENGTH ROJINA	8.30 AM – 9.30 AM MAT AND MORE AMANDA Class also offered as a facebook live recording	8.00 AM – 9.00AM **CIRCUIT SEAN	8.30 AM – 9.30 AM MAT AND MORE AMANDA	8.30 AM – 9.30 AM **CIRCUIT SEAN
9.30 AM-10.30 AM **BUILD YOUR BONES ROJINA	9.30 AM – 10.15 AM **TAI CHI AMANDA	9.30 AM – 10.30 AM **BUILD YOUR BONES ROJINA GIRI	9.00 AM – 10.00 AM **WEIGHTS AND KETTLEBELLS SEAN	10.00 AM– 10.45 AM **TAI CHI AMANDA	
				12.00 PM-12.45 PM MAT AND MORE EXPRESS AMANDA Class also offered as a facebook live recording	
		1.00 PM – 2.00 PM DANCING WITH PARKINSON'S AMANDA		1.00 PM – 2.00 PM STRENGTH TO STRENGTH ROJINA	
3.00 PM – 4.00 PM EXERCISE FOR CANCER ROJINA				1.00 PM – 2.00 PM EXERCISE FOR CANCER ROJINA	
3.00 PM – 4.00 PM **STRENGTH TO STRENGTH ROJINA	3.00pm – 5.00pm **OPEN GYM Not supervised.	3.00 PM – 4.00 PM EXERCISE FOR CANCER ROJINA GIRI	3.00 PM – 4.00 PM STRENGTH TO STRENGTH ROJINA GIRI		
		4.00PM - 5.00PM **STRENGTH TO STRENGTH SEAN			
6.00 PM – 7.00 PM MAT AND MORE AMANDA		5.00PM – 6.00PM **CIRCUIT SEAN	6.00pm – 7.00pm **RESTORATIVE YOGA ELIF		

** Classes marked with an asterisk = unable to claim on private health

Dancing with Parkinson's: uses the joy of music to facilitate movement for those with Parkinson's disease. People with Parkinson's disease are invited to attend class with their spouse or friend to enjoy the benefits of dance together, (individuals are equally welcome). As well as being a fun form of exercise, dancing can promote increased balance, strength, coordination, gait and posture. Exercises are completed sitting, standing and in pairs with a variety of dance styles and genres. Classes are run by a Physiotherapist and adaptable to all fitness levels & mobility.

Strength 2 Strength: designed for anyone wanting an individualized exercise program in a group setting. Prior to commencing, participants need a one on one session with a Physiotherapist or Exercise Physiologist, where strengths and weaknesses are discussed and your goals for exercise are determined. This is an excellent class for anyone new to exercise and looking to commence an exercise program.

Restorative Yoga: A perfect class for kicking back and restoring your body. Enjoy a series of restorative postures to allow your body and mind to rest, rejuvenate and recover. This class offers a gentle option those looking to rest rather than challenge. A great relaxing follow up to the earlier Foundational class, but just as beneficial on its own. Very suitable for anyone (particularly those with limitations, illness or age restrictions). Minimal movement, maximum bliss!

Vinyasa Flow Yoga: Our vinyasa flow class will give you a complete body and mind experience, building strength, stamina and flexibility. We break down Asanas (postures) to build a more fluid flow routine offering some challenging yet achievable core conditioning. For those wanting a more challenging class. Not suitable for beginners.

Tai Chi at the hub is designed to focus specifically on Falls & Balance Prevention, by focusing on weight transfer and coordinating arm and leg movements. Tai Chi was originally developed for self-defense & has evolved into a gentle, flowing form of exercise, often described as meditation in motion. Other benefits include reducing stress and anxiety. The class is suitable for individuals with varying levels of mobility.

Circuit Class: perfect for beginners, through to active individuals, this class is varied, involving different exercises arranged and performed in a circuit. This social environment provides moderate to high intensity training, with a focus on fun. Our exercise physiologists and Physiotherapists support you in a safe and controlled environment.

Mat and More: A physiotherapy led class designed to stretch and strengthen the body focussing on core, glutes and postural muscles. Pilates inspired but modified as required to suit clients needs. Most movements are done on the floor in a controlled way.

Build Your Bones: Primarily for those with Osteopenia, Osteoporosis, or at risk of developing low bone density. Exercises are designed to focus on strength, impact, agility & balance which are all important exercises for improving bone health.

Weights and Kettlebells : A class designed to teach you the fundamentals of resistance training. You will be taken through a variety of exercises by the instructor. Weights will be set at a level to suit you and you will be able to progress as you strengthen.

Exercise for Cancer: The Exercise for Cancer class is designed for those pre, during and post cancer treatment. It is a small group class with individualised exercise programs aimed at your individual needs, goal and limitations

5 Functional Exercises – Designed for a light sweat. Build strength for every day lifestyle activities, while becoming resilient to injury.

Open Gym - Gym is available for those who have a program and are confident in using the equipment without supervision or assistance. Please check with our Exercise Physiologist to ensure you are safe to participate at this time.